



By Lisa Mosca, MPA

Lisa Mosca is the Communications Officer for the City of Sanford.



SANFORD: A GREAT PLACE TO BE A SENIOR

Sanford's got it all, and that includes a host of wonderful programs for our senior citizens, programs that not only enhance their well-being, but also contribute to the overall quality of life in Sanford. And we've been doing it for more than 25 years.

Since June 1989, the Sanford Senior Center, located at 401 E. Seminole Boulevard, has been providing outstanding senior programs that include: lunch-and-learn seminars, movies, exercise classes, bingo, bridge, billiards, movies, and

pinocle. Keeping up with the younger generations through technology can be challenging, but not for the seniors at the center, where computers are readily accessible.

The Sanford Senior Center regularly presents seminars such as the AARP-sponsored free tax preparation and other programs like the Driver Safety Class. And while our senior citizens receive so much from these activities and programs, they also give back to the community too. The Monday Arts and Craft Group recently donated lap

blankets to Fresenius Medical Care, Gracious Age Nursing Home, and the Healthcare & Rehabilitation Center of Sanford. In 2015 many seniors are taking time to make wheelchair bags for these organizations.

The icing on the cake for seniors is the Golden Age Games held in our fair city in November. The nation's oldest senior games, The Golden Age Games recently celebrated its 40th anniversary in Sanford. The eligible age is 50 years old with participants traveling from all over the United States and Canada to participate



in our local event, positively impacting local tourism and our local economy. Categories include swimming, track, and archery, just to name a few. The top five participants in each event and age group then become eligible to participate in the annual Florida State Senior Games held annually, with the possibility of qualifying for the biannual National Games. Athletes who have participated in the games include the legendary Buster Crabbe and Johnny Weissmuller.

In addition to the Senior Center in downtown Sanford, the City Recreation Department also operates the Westside Community Center, a place "where everybody knows your name" – a home away from home. There is no membership fee to join and all are greeted with a warm welcome and a bright smile. Activities include sewing, chair aerobics, computer class, cooking and baking, bridge, arts and crafts, chorus, board games, and bingo.

"The overall program enhances the quality of life for the citizens in which

we serve," says Britt Henderson, program manager at Westside. "The seniors also love giving back to the community and youth as they handsew blankets, quilts, and other craft items and donate them to other organizations."

The City of Sanford Recreation Department also provides three community special events per year, including a Christmas gala, spring fling, and the Westside Luau. Each event draws crowds of 185 to 200 people, including city officials and staff, and citizens throughout Sanford and neighboring areas.

Sanford is a vibrant and safe city in which people choose to live, work, raise a family, play, and retire. In the golden years of life, there is no place like Sanford.

For detailed information about the Sanford Senior Center, please contact Kim Eltonhead at 407-688-5129.

For more information about the Westside Community Center contact Britt Henderson at 407-330-2456 or 407-688-5120.

Upcoming Events at the City of Sanford Senior Center

AARP TAX HELP FOR SENIORS
Continues through Monday, April 13
Mondays and Thursdays
9:00 a.m. to 1:00 p.m.

First come first served. You must bring your photo ID and Social Security card.

Saturdays,
March 14 and March 28,
9:00 a.m. to 1:00 p.m.

Appointment only.
For more information or to make an appointment for the Saturday dates and times, please call 407-688-5129.

LUNCH AND LEARN

Third Monday of every month
Contact the Senior Center
or visit SanfordFL.gov for monthly topics
Light lunch at 11:30 a.m.
Presentation at noon.



855-KRAMER-NOW



★ ★ ★ ANY LEGAL ISSUE ★ ★ ★
ONE FIRM...FOR LIFE

Attorney, Steven Kramer

FEATURED ON: RECOGNIZED AS:

Maitland ★ Altamonte

OneFirmForLife.com

Orlando ★ Tampa

Focus

by Shelley Ouellette

CHRISTOPHER FOJO, SPERRY VAN NESS

CHRISTOPHER FOJO, CCIM, SENIOR ADVISOR WITH SPERRY VAN NESS Commercial Real Estate Advisors, knows how and where to build a successful business in Seminole County. A longtime resident and community supporter, Chris specializes in providing local businesses full-service commercial real estate and brokerage services.

"I focus exclusively on Seminole County, which allows me to be highly knowledgeable about this lucrative and robust market," Chris explains. "Additionally, Sperry Van Ness provides a highly collaborative environment, allowing me to work with other brokers in the firm who can provide the expertise needed to fully service clients in all asset classes including land, office, industrial, retail, and medical. We also offer full property management and advisory services."

A Certified Commercial Investment Member (CCIM) with more than 25 years in the commercial real estate field, Chris is experienced in advising not only local clients, but also international businesspeople about the many opportunities and investment structures available to commercial property investors in the Central Florida market.

Additionally, Chris heads the Lake Mary Council of the Seminole County Regional Chamber of Commerce and is very involved with the CCIM Central Florida District and Leadership Seminole.

"I am client focused, and I seek not only traditional solutions to my clients' needs, but also innovative strategies to maximize the return on their investment," Chris adds.

To learn more about Chris and the Sperry Van Ness roster of services, call 407-949-8162 or visit SVNFlorida.com.

YOUR REAL ESTATE SEARCH STARTS HERE

**National Reach
Local Knowledge**

CHRISTOPHER FOJO, CCIM

Senior Commercial Advisor



- Purchase & Sale of:
 - Office & Industrial Property
 - Land
- Provide Market Analysis
- Property Management

Complete Commercial Real Estate Services

407.949.8162 | chris.fojo@svn.com

1540 International Parkway | Lake Mary, FL 32746

svnflorida.com

Sperry Van Ness

Commercial Real Estate Advisors®

All Sperry Van Ness® Offices Independently Owned and Operated